



# WELLNESS BULLETIN

## PREVENTION OF FALLS

California Department of Developmental Services

JULY 2024



Is this bulletin useful?

Anyone can experience a fall. Falling can hurt your body and might be a sign of other problems. There are things you can do to help keep yourself from falling and to lower your risk of injury if you do fall.

## Take these 5 steps to help keep you from falling.

Most falls are caused by a combination of personal and environmental risk factors. Here are ways that you can help prevent falls.



### 1. Make your home safe.

Check your home for things that might cause you to trip or fall.

Clear your floors of clutter that you might trip on.

Make sure your home has good lighting.

Use bathmats in your shower.

Ask to have grab bars installed in the bathroom.

### 2. Let others know if you are dizzy or if you fell.

If you are feeling dizzy or like you might fall, ask for help from the people who support you.

If you fall, make sure you tell someone. You may need to see your doctor.



Wellness and Safety Bulletins are produced by the Department of Developmental Services to alert individuals, families, and others about specific risks to our community. Please provide feedback on this bulletin and what we can do better through this survey: [Bulletin Survey](#)



### 3. Talk to your doctor.

Ask your doctor about things that put you at risk of falling. Talk about what you can do to stay safe.

Discuss your medications with your doctor. Some medications can make you more dizzy or unstable when you stand.

Find out if any of your medications have side effects that might increase your risk of falling. If they do, take precautions.



### 4. Exercise and stay active.

Try to be physically active 20-25 minutes each day.

Go to places where you can be active like public parks, basketball courts, or shopping trips.

Walk with a friend.

Join an exercise class.

Exercise is a good way to stay strong and healthy. [Read more about how you can stay active.](#)



### 5. Get your vision and hearing checked.

Your eyes and ears help keep you on your feet.

Get new glasses or hearing aids when you need them.

Source: [DDS](#)

# What to Do If You Fall

Stay calm.



Call for help.



**Do not get up right away. Wait until you are sure you are ok to stand and have not hurt yourself. If you get up too quickly, you could fall again.**



**Tell those who are around you how you are feeling:**

- Do you feel any broken bones?
- Did you hit your head?
- Are you bleeding?
- Are you having trouble breathing?



**Call 911 for emergency help! If you hit your head or are seriously hurt, bleeding badly, or are experiencing sharp pain, call 911. Do not move or let anyone else other than trained emergency staff move you.**



**Try to remember what happened before you fell so that you can share this with your doctor and support team. This can help you work together to prevent it from happening again.**

Source: [DDS](#)